



RMAC 「沙田10K」 河畔賽 2019 (15.5 屆)

COURSE RECORD
28:59
MAN

COURSE RECORD
34:28
WOMAN

HKMP

香港馬拉松推廣社 主辦

HK Marathon Pro

大會熱線: 8101 6335 / 8104 8500



冠名贊助商

冠名贊助商網頁: <http://rmac.hk/>

大會網頁: <http://www.hkmarathonpro.com>

主辦機構: 成立於 1999 年, 由一班馬拉松精英及愛好者發起組成, 旨在推廣香港馬拉松運動

賽事目標: 推廣地區 10 公里認可長跑賽事, 吸引更多本地及海外人士參與

(本比賽正進行申請為認可賽事)

賽事特點: 全港特快賽道之一, 全程約 97% 平路及直路, 使跑手更易做出 10K 最佳成績。場地交通方便, 選手可以 24 小時預習賽道

景點眾多, 有小瀝源, 畫舫, 城門河, 馬鞍山海濱長廊等, 大會將提供 5K 分段時間

比賽日期: 2019 年 3 月 10 日 (星期日)

登記時間: 上午 7:30

起步時間: 上午 8:30

郵寄截止日期: 2019 年 2 月 25 日 (星期一)

比賽路線: 全程在沙田城門河畔比賽, 由城門河副河出發, 沿緩跑徑路線到馬鞍山海濱長廊後折返起點。(5 公里來回)

報名費: 港幣 170 元正 (名額有限, 先到先得)

距離: 10 公里

時限: 1 小時 30 分

本活動每名跑手的報名費, 當中的 HK\$10 將贊助環保慈善團體「綠惜地球」, 推動綠惜跑賽文化。

紀念品: 跑畢全程之參賽者, 均可獲得運動 T-恤及電子證書

集合地點: 沙田石門 (港鐵馬鞍山線石門站 D 出口向左行 100 米)

個人組別: 男子組 - MA (16-28 歲) MB (29-38 歲) MC (39-49 歲) MD (50-59 歲) ME (60-100 歲)

女子組 - WA (16-28 歲) WB (29-38 歲) WC (39-49 歲) WD (50-100 歲) *全部組別以出生年份計算

隊際: - 設男子組和女子組, 每三人為一隊 (同一性別), 計算每名跑手的時間總和最短者為勝出, 時間相同則以第三名隊員成績計算

- 每組設冠亞季軍, 均可獲 RMAC 現金獎, 隊際冠軍可得 Nike 跑鞋三對, 而各隊員於隊際的成績, 可同時競逐其年齡組別的個人獎項

- 隊際必須集齊所有隊員的報名表一併寄出

如有任何資料不齊或作任何資料更改, 需收取每次手續費港幣 100。(只接受截止日期前之更改)

大會紀錄: 【18/3/2018】 男子組: SOLOMON KIPYEGO KETER -- 28 分 59 秒, 【18/3/2018】 女子組: NELLY CHEBET NGEIYWO -- 34 分 28 秒

下表得獎者可獲獎盃一座。全場首名男女子可各得 RMAC 現金獎 \$2,000。

各個人組首三名均可得 Nike 跑鞋乙對,

各個人組冠軍可得 Soul 耳機乙對, 各個人組亞軍 POLAR M430 心率錶乙隻及各個人組季軍可得 Goodr 眼鏡乙副, 而每組首三名得獎者可獲 RMAC 現金獎價值如下:

	男子組					獎盃	隊際	女子組					獎盃	隊際
	MA 16-28 歲	MB 29-38 歲	MC 39-49 歲	MD 50-59 歲	ME 60-100 歲			WA 16-28 歲	WB 29-38 歲	WC 39-49 歲	WD 50-100 歲			
第一名	\$800	\$800	\$800	\$800	\$800	✓	\$1500	\$800	\$800	\$800	\$800	✓	\$1500	
第二名	\$600	\$600	\$600	\$600	\$600	✓	\$1200	\$600	\$600	\$600	\$600	✓	\$1200	
第三名	\$400	\$400	\$400	\$400	\$400	✓	\$900	\$400	\$400	\$400	\$400	✓	\$900	
	四至五名	四至五名	四至五名	四至五名	四至五名	✓	不適用	四至五名	四至五名	四至五名	四至五名	✓	不適用	

報名辦法: 1a. 填妥下列報名表格, 連同報名費一張港幣 170 元正的劃線支票 (多人報名可合併用一張支票) 抬頭人請寫「香港馬拉松推廣社」, 及一個有足夠郵票及填上姓名和地址的回郵信封, 寄回沙田銀禧花園一座 33 樓 C 室 (RMAC-10K) 收

1b. 網上報名港幣 170 元正, 詳情請瀏覽本會網頁: <http://www.hkmarathonpro.com>

快速郵寄報名指南: 1 張支票 + 1 張報名表 + 1 個回郵信封

2. 郵遞表格必須付上一個有足夠郵票的回郵信封 (多人報名可共用一個大回郵信封, 但要增加郵資), 信封面清楚寫上姓名及地址, 未能提供回郵信封者, 本會有權保留其參賽資格

3. 不接受現場及逾期報名 4. 若比賽當天懸掛八號或以上颱風、黑色或紅色暴雨訊號或非人力可控制之情況影響, 比賽將會改期或取消, 已繳的報名費, 將自動轉往補賽日 (而補賽日不出席, 都不作出任何退款安排或轉人) 5. 報名一經接納, 報名費恕不發還, 報名以支票過戶為準 6. 已寄出的報名或重複報名 (只計一人), 均不設退款、退件、轉賽、轉名安排 7. 不設收據服務

8. 典禮前後及賽後不設補領 / 預領 / 代領任何紀念品和獎品安排

大會電郵: hkmarathonpro@yahoo.com.hk

交通路線: 各參賽者可乘搭港鐵馬鞍山線石門站 D 出口左行 100 米步行前往 郵寄報名通知: 接納信將於比賽前七天內寄出信件, 如賽前四天未收到任何資料時請以電郵向大會查詢。

網上報名通知: 接納信將於比賽前七天內電郵請查閱雜件箱, 號碼布及晶片將於當日派發。如賽前四天未收到任何資料時請以電郵向大會查詢。

備註: 1. 參賽者個人意外保險需自行負責 2. 號碼布不得轉讓別人 3. 資料不全者, 恕不接受報名 4. 大會設有行李寄存 (財物損失需自理)、里數牌及水站

5. 本賽會有權隨時修改此章程細則, 恕不另行通知

需與身份證明文件相同, 否則會影響田總排名

RMAC 「沙田10K」 河畔賽 2019 (15.5 屆) (本比賽正進行申請為認可賽事)

#姓名(中文) _____ (英文) _____ 香港身份證 / 護照號碼: _____ 性別: _____

居住地址: _____ 出生年份: _____

聯絡電話: _____ 是否香港居民: _____ 本年度田總註冊編號(如有): _____ 屬會名稱(如有): _____

近年最佳 10K 時間 / 年份: _____ / _____ 支票號碼: _____ 電郵地址: _____

【緊急聯絡人: _____ 電話: _____ 關係: _____】

男子組	男子 MA 組 (1991 - 2003)	男子 MB 組 (1981 - 1990)	男子 MC 組 (1970 - 1980)	男子 MD 組 (1960 - 1969)	男子 ME 組 (1919 - 1959)	*全部組別以出生年份計算
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
女子組	女子 WA 組 (1991 - 2003)	女子 WB 組 (1981 - 1990)	女子 WC 組 (1970 - 1980)	女子 WD 組 (1919 - 1969)	報名費每位: HK\$170 隊際每隊(3 人): HK\$510	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
男子隊際 <input type="checkbox"/>	女子隊際 <input type="checkbox"/>	中文隊名: _____			英文隊名: _____	
隊長 _____	隊員 2: _____			隊員 3: _____		

聲明: 謹證明本人是自願參加比賽並有充夠訓練, 並願意自行承擔所有責任。本人亦謹遵守比賽規則及決定。本人一旦因在往返比賽場地或比賽中受到任何財物損失 (包括寄存的行李)、受傷或致死亡, 主辦賽會、贊助商及其他有關合辦機構均無須付上任何責任。本人願意授權予大會及傳媒在無須經本人審查而可使用本人的肖像、姓名、聲線及個人資料作為活動及推廣之用。

日期: _____ (*未滿十八歲者) 監護人簽署: _____ 跑手簽署: _____





The 15.5th RMAC Shatin 10K Classic Riverside Race 2019

COURSE RECORD
28:59 MAN 34:28 WOMAN

Organized by Hong Kong Marathon Pro



Official Hotline : 8101 6335 / 8104 8500



Title Sponsor

Title Sponsor Web-site : <http://rmac.hk/>

Official Web-Site : <http://www.hkmarathonpro.com>

- Organizer** : It was established in 1999. This is initiated and formed by a group of Marathon elites and lovers. Promote and encourage marathon sport.
- Race Aim** : Promote Local 10K sanction races, attract more local and foreign people to join it. (Applying for sanction race)
- Race Features** : One of HK's Fast and Speedy race, around 97% flat and straight road which benefit to generate excellent result. Location is easily to achieve for participant go training. Also, many sites seeing point in the race Siu Lek Yuen, Boating Restaurant, Shing Mun River Channel, Ma On Shan Promenade etc. We will also provide the time of 5K check point.
- Race Date** : 10th March, 2019 (Sunday) **Registration Time** : 7:30am **Starting Time** : 8:30am
- By Post Deadline** : 25th February, 2019 (Monday) **Distance** : 10km **Time Limit** : 1h 30min
- Race Route** : Whole race is holding at Shatin Shing Mun River Jogging Track and only one turning point in 5K.
- Entry Fee** : HK\$170 each (limit in people, first come first serve)
HK\$10 in each transaction of entry fee will be donated to environmental charity group "The Green Earth" to support its green endeavors.
- Meeting Point** : Shatin Shek Mun (MTR Ma On Shan Line Shek Mun Station D Exit turn left walk 100m)
- Souvenir** : A T-shirt & Electronic certificate will be given to each participant who finished the race.
- Solo Category** : Men's Group – MA (age 16 – 28) MB (age 29 - 38) MC (age 39 - 49) MD (age 50 - 59) ME (age 60 - 100)
Women's Group – WA (age 16 - 28) WB (age 29 - 38) WC (age 39 - 49) WD (age 50 - 100)
- Team Category** : Teams of three (Men or Women). The Third runner's time will be counted when two teams finish with an identical time. The first three teams in each group will be awarded RMAC CASH Prize and the Champion Team will be awarded NIKE running shoes 3 pairs. The results of each team member are also counted as individual group result. Remarks: The application form should be sent by each team.



Any Changing or additional information will require a further payment of HK\$100 on each occasion (changes can only be accepted before the deadline)

*All Group are categorized according the birth year.

[Official record] : (18/3/2018) Men's Group : SOLOMON KIPYEGO KETER 28min59sec,
(18/3/2018) Women's Group : NELLY CHEBET NGEIYWO 34min28sec



All prize receivers will be awarded a trophy. The Overall Top one man and woman will be awarded RMAC CASH Priz HK\$2,000.

All individual group's Champion will be awarded Soul Earphone. 1st Runner-up will be awarded POLAR Heart Rate Monitor M430 and 2nd Runner-up will be awarded Goodr Sunglasses. The first three finishers of each group will be awarded NIKE Running Shoes and RMAC CASH Prize, value are as follow:

	Men's Group							Women's Group						
	MA 16 - 28	MB 29 - 38	MC 39 - 49	MD 50 - 59	ME 60 - 100	Trophy	Team	WA 16 - 28	WB 29 - 38	WC 39 - 49	WD 50 - 100	Trophy	Team	
1 st	\$800	\$800	\$800	\$800	\$800	✓	\$1500	\$800	\$800	\$800	\$800	✓	\$1500	
2 nd	\$600	\$600	\$600	\$600	\$600	✓	\$1200	\$600	\$600	\$600	\$600	✓	\$1200	
3 rd	\$400	\$400	\$400	\$400	\$400	✓	\$900	\$400	\$400	\$400	\$400	✓	\$900	
	4 ^{th-5th}	4 ^{th-5th}	4 ^{th-5th}	4 ^{th-5th}	4 ^{th-5th}	✓	N/A	4 ^{th-5th}	4 ^{th-5th}	4 ^{th-5th}	4 ^{th-5th}	✓	N/A	

Entry : (1a) Completed application form with ONE HK\$170 cross cheque for entry fee (more than one applicants please combine the entry fee in one cheque), made payable to "Hong Kong Marathon Pro", and enclose a self-addressed stamped envelope, mail to "Flat C, 33/F, BLK One, Jubilee Garden, Shatin". (RMAC-10K)

(1b) Online Registration Fee is HK\$170, Online Register website post at <http://www.hkmarathonpro.com> Quick Guide : 1 Cheque + 1 Entry Form + 1 Stamped Envelope

(2) Please enclose ONE self-addressed stamped envelope in your application (more stamp and large envelope for more than one applicants), Organizer have the rights to reject applicant which can't provide enough envelopes. **(3)** No late entry and walk-in entry will be accepted. **(4)** If the typhoons signal No.8, thunderstorm, Black or Red rainstorm warning is hosted or the race was affected by weather or natural reason, the event will be rescheduled or cancel, your entry will automatically carried forward to the rescheduled date and the entry fee will not be refunded. (even if you did not participate on rescheduled day.) All entry fee are also not transferable to another applicant.

(5) Entry fee is non-refundable when the entry is accepted.

(6) Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)

(7) Not Receipt service. **(8)** All souvenirs and awards cannot award after or before the Ceremony or others.



Transportation : Participants can by Ma On Shan Rail to Shek Mun Station D exit turn left walk 100m.

Online Entry inform : Confirmation Letter will be send by email (please also check spam mailbox) before the race 7 days. Number bid and chips will get on race day !

By Post Entry inform : Confirmation Letter will be post before the race 7 days. Number bid and chips will get on race day !

Official E-mail : hkmarathonpro@yahoo.com.hk

- Remark : 1.** Participator insurance should imputation yourself. **2.** The number bib is not transferable. **3.** Applicant who can't provide details data don't accept
- 4.** Organizer will provide Luggage-keeping services(loss responsibility by runner), Distance Markers and Water Stations.
- 5.** Organizer reserves the rights to amend the above information.

Info, must same as ID card, otherwise will affect the result of HKAAA The 15.5th RMAC Shatin 10K Classic Riverside Race 2019 (Applying for sanction race)

#Chinese Name : _____ English Name _____ HKID / Passport No : _____ Sex : _____

Address : _____ Year Of Birth : _____

Tel : _____ Are you HK Resident : _____ This Year HKAAA Reg. no (If any) : _____ Club(If any) : _____

The near year 10K best time / year _____ / _____ Cheque No : _____ E-mail address : _____

【Emergency Contact Person: Telephone: Relationship:】

Men's Group	Men's Group MA (1991 - 2003)	Men's Group MB (1981 - 1990)	Men's Group MC (1970 - 1980)	Men's Group MD (1960 - 1969)	Men's Group ME (1919 - 1959)	*All Groups are categorized according the birth year
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Women's Group	Women's Group WA (1991 - 2003)	Women's Group WB (1981 - 1990)	Women's Group WC (1970 - 1980)	Women's Group WD (1919 - 1969)	Individual Entry Fee : HK\$170 Team Entry Fee : HK\$510	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Men's Team Women's Team (Chi. Team Name) : _____ (Eng. Team Name) : _____

Team Leader _____ Member2: _____ Member3: _____

Declaration : I certify that I am physically fit and enough training. I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any; responsibility in the event of injury, death or loss (including baggage) of properly incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

(Date) : _____ * (if under 18 age) Guardian's Signature : _____ Runner's Signature : _____

